



## June Group Fitness!

### Monday:

5:30 am RPM- Courtney  
 6:00 am BodyPump-Angie  
 8:00 am BodyVive – Chris  
 9:15 am BodyCombat- Jill  
 12:00 pm BodyPump – Jill  
 4:30 pm RPM – Tracy  
 4:30 pm BodyPump - Michele  
 5:30 pm BodyVive (s2) – Christen  
 5:30 pm BodyStep – Julie  
 5:30 pm RPM – Debbie  
 6:30 pm BodyPump – Doug  
 6:30 pm RPM – Kristin  
 7:30 pm Yoga (s2)

### Tuesday:

5:30 am RPM – Michele  
 5:30am BodyAttack – Jessica  
 6:00 am Pilates (s2) – Kris  
 8:00 am BodyFlow (s2) – Chris  
 8:15 am RPM – Tracy  
 9:00 am BodyPump – Kris  
 9:15 am RPM – Tonia  
 10:00am Pilates-Kris  
 10:45am SilverSneakers-Chris  
 12:00pm RPM-Marta  
 4:30pm BodyAttack-Christen  
 5:30pm BodyPump-Angie  
 5:30pm RPM- Marta  
 6:30pm BodyJam-Tracy  
 6:30pm BodyFlow (s2) – Laurel

### Wednesday:

5:30am RPM-Annie  
 6:00am BodyPump-Marta  
 8:00am BodyVive-Chris  
 9:15am BodyAttack-Jessica  
 10:30am Yoga Stretch\*-Chris  
 12:00pm BodyPump – Jill  
 4:30pm BodyPump-Michele  
 5:30pm RPM-Debbie  
 5:30pm BodyStep-Marta  
 6:30pm BodyPump-Michelle  
 7:30pm Pilates –Kris  
 \*chair, rather than mat-based yoga

### Thursday:

5:30am BodyAttack-Jessica  
 5:30am RPM-Michele  
 8:00am BodyFlow-Chris  
 8:15am RPM-Tracy  
 9:00am BodyPump-Kris  
 9:15am RPM-Tonia  
 10:00am Pilates – Kris  
 10:45am SilverSneakers – Jill  
 12:00pm BodyCombat-Aaron  
 4:30pm BodyStep-Julie  
 5:30pm BodyPump-Michelle  
 5:30pm superRPM-Nyree  
 6:30pm zUmba-Rita  
 6:30pm BodyFlow (s2) Laurel

☆ Club hours: Mon-Thurs: 5:30-10  
 Fri: 5:30-9 Sat: 7-4 Sun: 9-3

### Friday:

5:30am RPM-Charlie  
 6:00am BodyPump-Marta  
 9:15am BodyStep – Julie  
 12:00pm BodyPump-Michelle  
 5:30pm BodyCombat-Jill  
 5:30pm RPM –Debbie

### Saturday:

7:10 am BodyAttack – Christen&Lauren  
 8:10am BodyPump-rotating instructor  
 8:15am RPM- Charlie  
 9:15am BodyFlow(s2) – Kris  
 9:15am BodyStep – Marta  
 9:15am superRPM- Courtney  
 10:15am Pilates – Kris

### Sunday:

11:00am BodyFlow-Jennifer  
 12:00pm BodyCombat – Aaron  
 12:00pm RPM – Courtney  
 1:00pm BodyPump-Laurel

# June



